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ABSTRACT

This bibliography is intended to help readers locate material on anorexia nervosa and bulimia in the collections of the Library of Congress. A scope note briefly defines the terms "anorexia nervosa" and "bulimia" and discusses similarities and differences between the two eating disorders. Four references are included as introductions to the topic and subject headings used by the Library of Congress, under which books on anorexia nervosa and bulimia can be located. The remainder of the guide lists bibliographic references under the headings of: (1) general texts (11 entries); (2) specialized titles (12 entries); (3) bibliographies (2 entries); (4) biography and self-help books (6 entries); and (5) state-of-the-art reviews and conference proceedings (5 entries). Eight abstracting and indexing services that index relevant journal articles and other literature are listed with suggested terms for searching provided under each service. Four journals that often contain articles relevant to anorexia nervosa and bulimia are listed and a list of seven representative journal articles is included. The guide concludes with a list of seven selected materials available in the Science Reading Room pamphlet boxes and names and addresses of six additional sources of information. (NB)

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# LC Science Tracer Bullet

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ANOREXIA NERVOSA/BULIMIA
Compiled by Hisako Halasz

TB 85-8

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SCOPE: Anorexia nervosa and bulimia are closely related eating disorders, found mostly among young, white females from middle to upper-middle class families. The common feature between anorexia nervosa and bulimia is extreme fear of becoming obese. Means for attaining this end, however, differ. In anorexia nervosa, subnormal body weight is achieved by drastic reduction of food intake, often accompanied by vigorous physical activity. In bulimia, body weight is maintained within a normal range by resorting to self-induced vomiting and/or use of laxatives, in spite of periodic eating binges. Bulimia that is the result of purely neuropathological or biomedical causes, is not addressed directly in this guide. In extreme cases of these disorders, physical and physiological abnormalities develop, such as amenorrhea and hypothermia among anorexia nervosa patients and electrolyte imbalance and dental enamel erosion among bulimics. A question has been raised whether anorexia nervosa and bulimia stem from a common psychopathological condition, which is influenced by sociocultural factors and family relationships. This question is unsettled, although observations of bulimic behavior among anorexia nervosa patients, and food restricting behavior and occasional history of anorexia nervosa among bulimics suggest a close relationship between them.

This guide is intended to help the interested reader locate material on anorexia nervosa and bulimia in the collections of the Library of Congress. Not meant to be a comprehensive bibliography, it is designed--as the name of the series implies--to put the reader "on target."

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## INTRODUCTIONS

Eating disorders. In Diagnostic and statistical manual of mental disorders. 3d ed. Washington, American Psychiatric Association, c1980. p. 67-73. RC455.2.C4A48 1980*
"Volume better know as DSM-III."

Casper, Regina C. On the emergence of bulimia nervosa as a syndrome: a historical view. International journal of eating disorders, v. 2, spring 1983: 3-16. RC552.A72I57

Russell, Gerald F. M. Anorexia nervosa. In Textbook of medicine. Edited by Cecil. 17th ed. Philadelphia, Saunders, 1985. p. 1188-1191. RC46.T35 1985b*

*Available in the reference collection, Science Reading Room

Sours, John A. Primary anorexia nervosa syndrome. In Basic handbook of child psychiatry. v. 2. New York, Basic Books, c1979. p. 568-580. RJ499.B33*

SUBJECT HEADINGS used by the Library of Congress, under which books on anorexia nervosa and bulimia can be located in most card, book, and online catalogs, include the following:

ANOREXIA NERVOSA (Highly relevant)
BULIMAREXIA (Highly relevant)
APPETITE DISORDERS (Highly relevant)
OBESITY--PSYCHOLOGICAL ASPECTS (Relevant)

GENERAL TEXTS

Boskind-White, Marlene, and William C. White, Jr. Bulimarexia: the binge/purge cycle. New York, Norton, c1983. 219 p.
Bibliography: p. 209-210. RC552.B84W47 1983

Bruch, Hilde. Eating disorders: obesity, anorexia nervosa, and the person within. New York, Basic Books, 1973. 396 p. RC628.B72
Includes bibliographies.

----- The golden cage: the enigma of anorexia nervosa. Cambridge, Mass., Harvard University Press, 1978. 150 p. RC552.A5B78

Cauwels, Janice M. Bulimia: the binge-purge compulsion. Garden City, N.Y., Doubleday, 1983. 249 p. RC552.B84C38 1983
Bibliography: p. 233-234.

Crisp, Arthur Hamilton. Anorexia nervosa: let me be. London, Academic Press, New York, Grune & Stratton, 1980. 200 p. RC552.A5C74 1980
Bibliography: p. 192-195.

Lambley, Peter. How to survive anorexia: a guide to anorexia nervosa and bulimarexia. London, F. Muller, 1983. 267 p. RC552.A5L35 1983
Bibliography: p. 249-262.

Palmer, Robert L. Anorexia nervosa: a guide for sufferers and their families. New York, Penguin Books, 1980, 1981 printing. 156 p. RC552.A5P34 1981

Pope, Harrison, and James I. Hudson. New hope for binge eaters: advances in the understanding and treatment of bulimia. New York, Harper & Row, c1984. 239 p. RC552.B84P66 1984
Bibliography: p. 200-229.

Rumney, Avis. Dying to please: anorexia nervosa and its cure. Jefferson [N.C.] McFarland, 1983. 116 p. RC552.A5R85 1983
Bibliography: p. 105-110.
"Directory of organizations": p. 111-114.

Sours, John A. Starving to death in a sea of objects: the anorexia nervosa syndrome. New York, J. Aronson, c1980. 443 p.
Bibliography: p. 383-431. RC552.A5S68

Squire, Susan. The slender balance: causes and cures for bulimia, anorexia, & the weight-loss/weight-gain seesaw. New York, Putnam, c1983. 248 p. RC552.B84S68 1983
Includes bibliographical references.
"Where to go for further help": p. 229-241.

SPECIALIZED TITLES

Andersen, Arnold E. Practical comprehensive treatment of anorexia nervosa and bulimia. Baltimore, Johns Hopkins University Press, c1985. 207 p. RC552.A5A53 1985*
Includes bibliographies.

Anorexia nervosa: a comprehensive approach. Edited by Meir Gross. Lexington, Mass., Collamore Press, c1982. 223 p. RC552.A5A575 1982
Includes bibliographical references.

Anorexia nervosa & bulimia: diagnosis and treatment. James E. Mitchell, editor. Minneapolis, University of Minnesota Press, c1985. 214 p. (University of Minnesota continuing medical education, v. 3)
Includes bibliographies. RC552.A5A5754 1985

Fear of being fat: the treatment of anorexia nervosa and bulimia. Edited by C. Philip Wilson, with the assistance of Charles C. Hogan and Ira L. Mintz. Rev. ed. New York, J. Aronson, c1983. 385 p.
Bibliography: p. 363-376. RC552.A5F4 1985

Garfinkel, Paul E., and David M. Garner. Anorexia nervosa: a multidimensional perspective. New York, Brunner/Mazel, c1982. 379 p.
Includes bibliographies. RC552.A5G37 1982

Handbook of psychotherapy for anorexia nervosa and bulimia. Edited by David M. Garner, Paul E. Garfinkel. New York, Guilford Press, c1985. 592 p. RC552.A5H36 1985
Includes bibliographies.

Leon, Gloria Rakita. Treating eating disorders: obesity, anorexia nervosa, and bulimia. Brattleboro, Vt., Lewis Pub. Co., c1983. 120 p. RC552.A72L46 1983
Includes bibliographies.

Minuchin, Salvador. Psychosomatic families: anorexia nervosa in context. Cambridge, Mass., Harvard University Press, 1978. 351 p.
Includes bibliographical references. RC552.A5M56

Neuman, Patricia A. Anorexia nervosa and bulimia: a handbook for counselors and therapists. New York, Van Nostrand Reinhold, c1983. 253 p. RC552.A5N48 1983
Includes bibliographies.

Selvini Palazzoli, Mara. Self-starvation: from individual to family therapy in the treatment of anorexia nervosa. Translated by Arnold Pomerans. New York, J. Aronson, 1978, c1974. 296 p. RC552.A5S4413 1978

Rev. translation of the work published in 1973 under the title: L'Anoressia mentale.

Bibliography: p. 253-289.

Spignesi, Angelyn. Starving women: a psychology of anorexia nervosa. Dallas, Tex., Spring Publications, c1983. 138 p. RC552.A5S74 1983

Includes bibliographical references.

Vandereycken, Walter, and Rolf Meermann. Anorexia nervosa: a clinician's guide to treatment. New York, W. de Gruyter, 1984. 251 p. RC552.A5V36 1984

Includes bibliographies.

## BIBLIOGRAPHIES

Anorexia nervosa. Prepared by National Clearinghouse for Mental Health Information, Division of Scientific and Public Information. Rockville, Md., U.S. Dept. of Health and Human Services, Public Health Service, Alcohol, Drug Abuse and Mental Health Administration, 1981. 184 p. RC552.A5A57 and PB82-200353**

"NIMH-81-61."

Bibliography on eating disorders. Rockville, Md., National Institute of Mental Health, Science Communication Branch, Public Inquiries Section, May 1984. 5 p. Pamphlet box*

Mimeographed copy.

## BIOGRAPHY and SELF-HELP BOOKS

Heater, Sandra Harvey. Am I still visible? A woman's triumph over anorexia nervosa. White Hall, Va., White Hall Books, c1983. 140 p. RC552.A5H4 1983

Bibliography: p. 136-140.

Kinoy, Barbara P. When will we laugh again? Living and dealing with anorexia nervosa and bulimia. New York, Columbia University Press, 1984. 139 p. RC552.A5K56 1984

Bibliography: p. 131-135.

Larocca, Felix E. F., and Nancy J. Kolodny. Anorexia & bulimia facilitator's training manual: a primer; the BASH approach: a guide to the formation and implementation of self-help networks for victims of eating disorders, including curriculum and training techniques for facilitators. St. Louis, Mo., Midwest Medical Publications, c1983. 98 p. RC552.A5L38 1983

Includes bibliographies.

Liu, Aimee. Solitaire: a narrative. New York, Harper & Row, c1979. 215 p. RC552.A5L58 1979

**Available in microform collection, Science Reading Room

MacLeod, Sheila. The art of starvation: a story of anorexia and survival. New York, Schocken Books, 1982, c1981. 181 p.
Includes bibliographical references. RC552.A5M3 1982

O'Neill, Cherry Boone. Starving for attention. New York, Continuum, 1982. 187 p. RC552.A5053 1982

STATE-OF-THE-ART REVIEWS and CONFERENCE PROCEEDINGS

Anorexia nervosa, recent developments in research. Editors, Padraig L. Darby ... and others. New York, A.R. Liss, c1983. 455 p. (Neurology and neurobiology, v. 3) RC552.A5I577 1983
Based on papers delivered at a conference held in Toronto, Canada, in Sept. 1981.
Includes bibliographies.

The Binge-purge syndrome: diagnosis, treatment, and research. Raymond C. Hawkins II, William J. Fremouw, Pamelia F. Clement, editors. New York, Springer Pub. Co., c1984. 300 p. (Springer series on behavior therapy and behavioral medicine, v. 14) RC552.B84B56 1984
Based on papers from a symposium presented to the Association for the Advancement of Behavior Therapy, New York City, Dec. 1980.

Proceedings of the International Conference on Anorexia Nervosa and Bulimia. 14th European Conference on Psychosomatic Research, Noordwÿkerhout, The Netherlands, held September 24 and 25, 1982. International journal of eating disorders, v. 2, summer 1983: 5-242. RC552.A72I57 v. 2 1983

Ross Conference on Medical Research (4th, 1982, Litchfield Park, Ariz.). Understanding anorexia nervosa and bulimia: report of the Fourth Ross Conference on Medical Research. Columbus, Ohio, Ross Laboratories, c1983. 84 p. RC552.A5R67 1982

Symposium on eating disorders. Felix E. F. Larocca, guest editor. 407 p. Psychiatric clinics of North America, v. 7, June 1984: 201-407. RC321.P894 v. 7, no. 2, 1984

ABSTRACTING AND INDEXING SERVICES that index relevant journal articles and other literature are listed below. Some suggested terms are given as aids in searching.

Biological Abstracts (1926-) QH301.B37*
See: Anorexia Nervosa
Bulimia
Bulimic
Bulimarexia
Bulimarexic
Eating Disorders

Biological & Agricultural Index (1916-) Z5073.A46*
See: Anorexia Nervosa

Note: Consult reference librarian for location of abstracting and indexing services in the Science Reading Room

Cumulative Index to Nursing Literature (1956-) Z6675.N7C8*
See: Anorexia Nervosa
Appetite Disorders
Bulimia

General Science Index (1978-) Z7401.G46*
See: Anorexia Nervosa
Bulimia

Index Medicus (1960-) Z6660.I42*
See: Anorexia Nervosa
Appetite Disorders

Magazine Index (1979-) uncataloged
See: Anorexia Nervosa
Appetite Disorders
Bulimarexia

Psychological Abstracts (1927-) BF1.65*
See: Anorexia Nervosa
Appetite Disorders

Readers' Guide to Periodical Literature (1900-) AI3.R45
See: Anorexia Nervosa
Bulimia

JOURNALS that often contain articles relevant to anorexia nervosa and bulimia are

American Academy of Child Psychiatry. Journal RJ499.A1A4
American Journal of Psychiatry RC321.A52
British Journal of Psychiatry RC321.J82
International Journal of Eating Disorders RC552.A72I57

REPRESENTATIVE JOURNAL ARTICLES

Dresser, Rebecca. Legal and policy considerations in treatment of anorexia nervosa patients. International journal of eating disorders, v. 3, summer 1984: 43-51. RC552.A72I57

Gwirtsman, Jarry E., and others. Neuroendocrine abnormalities in bulimia. American journal of psychiatry, v. 140, May 1983: 559-563. RC321.A52

Halmi, Katherine A. Advances in anorexia nervosa. Advances in developmental and behavioral pediatrics, v. 4, 1983: 1-23. RJ47.5.A37

Herzog, David B. Pharmacotherapy of anorexia nervosa and bulimia. Pediatric annals, v. 13, Dec. 1984: 915, 918-919, 923. RJ1.P274

Liebman, Ronald, John Sargent, and Michael Silver. A family systems orientation to the treatment of anorexia nervosa. Journal of the American Academy of Child Psychiatry, v. 22, Mar. 1983: 128-133. RJ499.A1A4

Schwartz, Donald M., Michael G. Thompson, and Craig L. Johnson. Anorexia nervosa and bulimia: the socio-cultural context. International journal of eating disorders, v. 1, spring 1982: 20-36. RC552.A72I57

Touyz, S. W., and others. Body shape perception and its disturbance in anorexia nervosa. British journal of psychiatry, v. 144, Feb. 1984: 167-171. RC321.J82

SELECTED MATERIALS available in the Science Reading Room pamphlet boxes include:

Bruch, Hilde. Anorexia nervosa. In Medical and health annual. 1981. Chicago, Encyclopaedia Britannica, 1980. p. 205-209.

Chng, Chwee Lye. Anorexia nervosa: why do some people starve themselves? Journal of school health, v. 53, Jan. 1983: 22-26.

Fadiman, Anne. A case study of anorexia nervosa: the skeleton at the feast. Life, v. 5, Jan. 1982: 63-64, 66, 68, 70, 76.

Humphries, Laurie L., and Sylvia Wrobel. Bulimia: the binge eating syndrome. Southern medical journal, v. 76, Feb. 1983: 181-184.

Maloney, Michael J., and William M. Klykylo. An overview of anorexia nervosa, bulimia, and obesity in children and adolescents. Journal of the American Academy of Child Psychiatry, v. 22, Jan. 1983: 99-107.

McCoy, Kathy. Are you obsessed with your weight? Seventeen, v. 41, July 1982: 80-84.

Winstead, Daniel K., and Susan G. Willard. Bulimia: diagnostic clues. Southern medical journal, v. 76, Mar. 1983: 313-315.

ADDITIONAL SOURCES OF INFORMATION

American Anorexia/Bulimia Association, Inc. (AA/BA)
133 Cedar Lane
Teaneck, New Jersey 07666
Telephone: (201) 836-1800

Institute for Contemporary Psychotherapy
Center for the Study of Anorexia and Bulimia
One West 91st Street
New York, New York 10024
Telephone: (212) 595-3449

National Anorexic Aid Society (NAAS)
P.O. Box 29461
Columbus, Ohio 43229
Telephone: (614) 895-2009

National Association of Anorexia Nervosa and Associated
Disorders, Inc. (ANAD)
P.O. Box 271
Highland Park, Illinois 60035
Telephone: (312) 831-3438

Overeaters Anonymous (OA)
P.O. Box 92870
Los Angeles, California 90009
Telephone: (213) 320-7941

For the names and addresses of other organizations, call or write

National Referral Center
Library of Congress
10 First Street, S.E.
Washington, D.C. 20540
Telephone: (202) 287-5670